

Thermoskin Directions for use

- 1.** Wear your Thermoskin Thermal Support directly against the skin.
- 2.** If you have a recent injury, you may begin using Thermoskin after the initial swelling has subsided.
- 3.** The Thermal Support provides light compression and prolonged heat therapy. The fit should be firm, but not tight.
- 4.** Do not use liniments, oils, or ointments under the therapeutic support.
- 5.** When showering, remove your Thermal Support and wash the affected area.

Warning: Should an irritation or rash develop, discontinue use immediately and seek medical advice.

For best effect

For heat therapy to be truly effective, the heat needs to be applied continuously for long periods and during a range of activity levels. This is obviously impossible with traditional heat therapy which requires immobility. Now with the development of Thermoskin Thermal Supports, these crucial requirements of heat therapy can be met.

Washing instructions

- Hand wash in warm water using mild soap.
- Air dry.